



Aloha



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Hello



Ciao



Sawubona



# CAMBRIDGE FAMILY NEWS

## from the Center for Families

Information, Support, & Activities for Cambridge Families of Children Ages 0-8

### January-February 2013

Winter is here! The holiday season has passed and with the temperature continuing to drop, we have included lots of ideas for family fun this winter.

In this month's issue of the Center for Families newsletter, we have updated information on community events, workshops and resources to keep your family active and well connected.

On page 2 you will find engaging winter activities for you and your child to do while staying warm indoors this winter. Also, see page 5 for tips on getting your family ready for whatever the winter season may bring and be sure to check out ideas for cold weather fun on page 7!

Also, in honor of National Dental Hygiene month, please turn to **page 2** for all dental health related information as well as some tips on keeping your children's teeth healthy and clean.

**Important:** A quick reminder for parents that wish to enroll their children into Kindergarten this coming September. Registration starts soon so please refer to page 7 for information on deadlines and what you will need to register your child. Remember, Cambridge has school choice. **We highly encourage you to register now!**

As one final announcement, please be sure to carefully look at the calendar on page 4. With all the holidays and school vacations there are several days playgroups will not meet.



### Winter Family Fun Day!

Saturday, January 26,  
10:00 am—1:30 pm

Brave the cold and join the Center for Families for a fun morning of indoor games & crafts for your little ones! Highlights include:



- Moon bounce
- Giant Basketball
- Face painting
- Book give-aways
- Free light lunch!
- And plenty of Arts & Crafts Activities

The fun will happen at Peabody School Gym, 70 Rindge Ave. Crafts and face painting go from 10:00-12:30 and all other activities will end at 1:00pm. A light lunch will be served from 12:00 – 1:30 pm. **For more information**, please call (617) 349-6385 or e-mail [centerforfamilies@cambridgema.gov](mailto:centerforfamilies@cambridgema.gov).

*Should the event be canceled due to snow, there will be a message on the voicemail of 617-349-6385.*

### Pathways to Family Success

- *Do you have a child who is in grades kindergarten to 3rd grade?*
- *Do you live in Public Housing or have Section 8, or are on the waitlist for either of them*
  - *Is English your second language?*

If you answered yes to all of these questions, then Pathways to Family Success could be for you!

Pathways is a support program that works with immigrant parents of school age children to better understand the U.S. School system, help support your children's learning and connect to community resources to help you and your family succeed.

**For more information, contact Beth at 617-665-3827.**

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*The Center for Families is located at 70 Rindge Ave, in the rear of the Peabody School. It is near the Davis Square and Porter Square T stops, and can be accessed by the 77 and 83 buses.*

# PLAYING AND LEARNING ACTIVITIES

Here are some fun winter activities that you and your child can do together! Do you have activities that you and your child love to do together? Call Cynthia at (617) 349-6327 to submit them for our next newsletter!



## February is Dental Health Awareness Month!

Did you know that dental decay is the most prevalent chronic childhood disease – 5 times more common than asthma? It is almost entirely preventable, with a few simple measures. **The top 3 Dental tips for families are:** brush twice a day, drink tap water (not bottled water) to benefit from fluoride, and see your dentist twice a year.

### Sing a fun song about teeth!

**Brush, Brush, Brush Your Teeth**  
(Sung to: "Row, Row, Row Your Boat")

Brush, Brush, Brush Your Teeth,  
'til they're shiny bright.  
They'll be healthy, they'll be strong,  
if you treat them right.

## Read together!

In honor of Dental Health Awareness Month, here are some books about teeth:

- *A Visit to the Dentist* by Eleanor Fremont
- *Dear Tooth Fairy* by Jane O'Connor
- *My Pet Dinosaur Won't Brush His Teeth* by Sharlene Alexander

## Explore Together!

Put on your hats, gloves, and winter coats and visit a Cambridge park for some winter fun (there are over 70 in Cambridge!). Make a snowman, build a fort, and enjoy the snow!

For a map of parks, go to [www.cambridgema.gov/CDD/parks/parksmap.aspx](http://www.cambridgema.gov/CDD/parks/parksmap.aspx)

## Cook together!

Try out this easy home-made play dough recipe (safe to eat)!

### Peanut Butter Playdough

1 cup creamy peanut butter  
2 cups powdered sugar  
1/2 cup honey

Directions: mix it all together. Mixers work well, but also kids can use their hands to mix all the ingredients together!

## Home-Made Instruments

Just follow these easy steps!

- Find a clean container, such as a water bottle or coffee can
  - Add rice or beans.
- Decorate the outside with stickers, feathers, tissue paper, or anything around the house!
  - Shake away!

# FATHERS' CORNER

## Men's Health League

The Men's Health League, based in the Cambridge Department of Public Health, Fit for Life program is now accepting referrals.



Fit for Life is a 12-week intervention at the Cambridge YMCA for men who are high risk for Heart Disease, Diabetes & Stroke.

For more information, contact Albert Pless at [Apless@challiance.org](mailto:Apless@challiance.org) or 617-665-3830.

## Men's Resource Highlight: Navigated Care

Are you a man in need of help with:

- getting health insurance
- getting a primary care physician
- making or keeping your appointment

Call or email Derek Arledge in the Navigated Care Program at 617-665-3686 or [darledge@challiance.org](mailto:darledge@challiance.org)

## Dads and Kids Saturday at the Gym

### Dads & Kids Saturday at the Gym

Come have fun at the gym playing and meeting other dads and their children. We will have food and fun gym toys for all ages. Yes, also for babies!

**Saturday February 9th and March 16th** at the Gately Youth Center Gym  
70 Rindge Ave (behind the Peabody School).

**Facilitator: Michael Clontz**



## To sign up or for more information, contact

Christine Doucet  
617-349-3003 or [cdoucet@cambridgema.gov](mailto:cdoucet@cambridgema.gov).

# PLAYING AND LEARNING ACTIVITIES



Help us all stay healthy! Please stay home if you or your child has had a fever, chronic cough, or has thrown up within 24 hours of activities. We want to make sure everyone stays germ-free!

## CENTER FOR FAMILIES: FREE FAMILY PLAY AND LEARNING ACTIVITIES



We bring toys, activities, singing, and snacks; you bring the kids and the fun! Children play and learn with their parents, caregivers, and other children. The routines and activities help children grow and get ready for school. Bring your children (0-6), and come play with us. You don't need to sign up for these groups, just come when you want. **For more information or questions**, call Lucy at 617-349-6967.

### The following groups restart on January 2:

#### Mondays

*Moore Youth Center-Gym\*\**, 12 Gilmore St., Bus Route 70  
10:00 — 11:30 am

*Infant Playgroup* (15 mos and under)\*

Center for Families, 70 Rindge Ave. (rear), Bus Routes 77 & 83  
12:30 — 2:30 pm

#### Tuesdays

*West Cambridge Youth Center-Gym\*\**, 680 Huron Ave.  
Bus Routes 71, 72, & 73  
10:00 — 11:30 am

*Fresh Pond Apartments*, 364 Rindge Ave. (Community Room)  
Bus Route 83 or Alewife Station  
10:00 — 11:30 am

*Childcare Provider Playgroup*, Cambridge Community Center, 5 Callendar Street, Bus Route 70  
10:00-11:30am

*Infant Playgroup* (15 mos and under)\* Margaret Fuller Neighborhood House, 71 Cherry St. (use the door on the right side of the building) Bus Routes 1, 69 and Central Square T  
12:30 – 2:30 pm

#### Wednesdays

*Gately Youth Center-Gym\*\**, 70 Rindge Ave. (back of Peabody School), Bus Routes 77 & 83  
10:00 — 11:30 am

*Area IV Youth Center*, 243 Harvard St., Bus Routes 69,83 & 91  
10:00 — 11:30 am

#### Thursdays

*Center for Families*, Gately Youth Center, 70 Rindge Ave (back of Peabody School), Bus Routes 77 & 83  
10:00-11:30am

*Childcare Provider Playgroup*  
70 Rindge Ave. (Peabody School, in the afterschool room), Bus Routes 77 & 83, 10:00 — 11:30 am

**Note:** Starting 11/1, due to space concerns, we will be limiting group to first 26 children & their providers who arrive

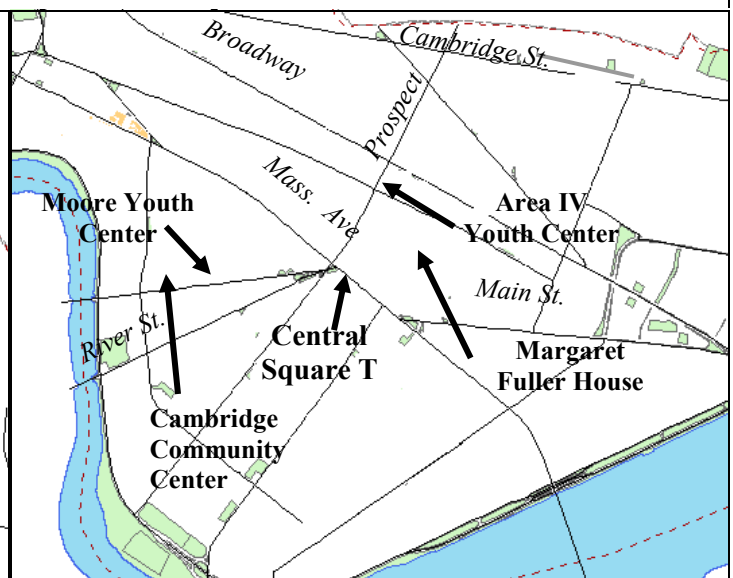
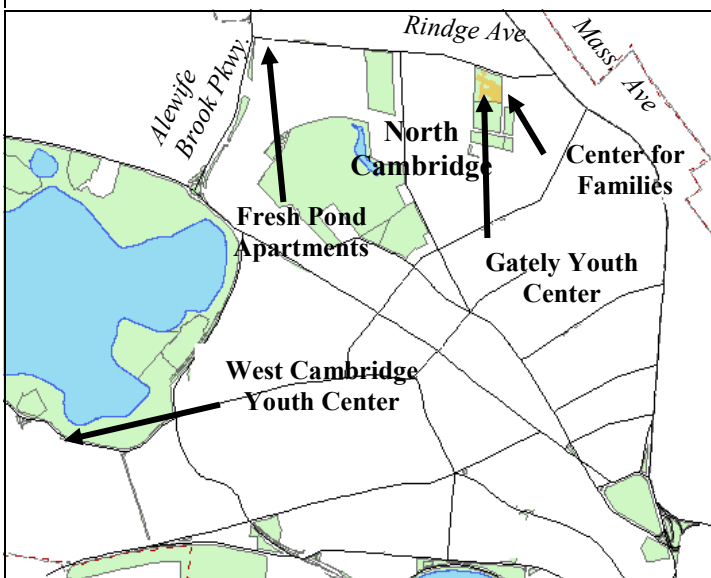
#### Please note:

\*Please attend either Monday or Tuesday Infant Group

\*\*The Gym groups are for physical activities, no arts or snacks

~Childcare Provider Playgroup just for childcare providers



**No groups on: 1/21, 2/18, 2/19, 2/20, and 2/21**



\*\*Maps are designed to give parents and caregivers a better sense of playgroup locations and are an approximation of where groups are \*\*

# Center for Families Drop-In and Events Calendar

## January-February

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	31 No Playgroups	January 1 New Year's Day— Center for Families Closed 	2 Gately 10:00-11:30 Area IV 10:00-11:30	3 CFF 10:00-11:30 Gately Provider 10:00-11:30am	4	5
6	7 Moore 10:00-11:30 CFF Baby time 12:30-2:30	8 West 10:00-11:30 364 10:00-11:30 MF Baby time 12:30-2:30 CCC Provider 10-11:30	9 Gately 10:00-11:30 Area IV 10:00-11:30 Media Literacy Workshop: Understanding Media Violence at CFF from 6:30-8:00	10 CFF 10:00-11:30 Gately Provider 10:00-11:30am	11 Mom's Discussion/ Activity 10:30-12pm	12 Yoga 10:30-11:30
13	14 Moore 10:00-11:30 CFF Baby time 12:30-2:30	15 West 10:00-11:30 364 10:00-11:30 MF Baby time 12:30-2:30 CCC Provider 10-11:30	16 Gately 10:00-11:30 Area IV 10:00-11:30	17 CFF 10:00-11:30 Gately Provider 10:00-11:30am	18	19
20	21 Center for Families Closed- Holiday	22 West 10:00-11:30 364 10:00-11:30 MF Baby time 12:30-2:30 CCC Provider 10-11:30	23 Gately 10:00-11:30 Area IV 10:00-11:30	24 CFF 10:00-11:30 Gately Provider 10:00-11:30am	25	26  CFF Winter Family Fun Day! 10:00-1:30
27	28 Moore 10:00-11:30 CFF Baby time 12:30-2:30	29 West 10:00-11:30 364 10:00-11:30 MF Baby time 12:30-2:30 CCC Provider 10-11:30	30 Gately 10:00-11:30 Area IV 10:00-11:30	31 CFF 10:00-11:30 Gately Provider 10:00-11:30am	February 1	2
3	4 Moore 10:00-11:30 CFF Baby time 12:30-2:30  Workshop for Dads: Part 1 at CFF 6:30-8:00	5 West 10:00-11:30 364 10:00-11:30 MF Baby time 12:30-2:30 CCC Provider 10-11:30	6 Gately 10:00-11:30 Area IV 10:00-11:30	7 CFF 10:00-11:30 Gately Provider 10:00-11:30am	8 Mom's Discussion/ Activity 10:30-12pm	9 Dads & Kids Morning at the Gym 10:00-11:30am N
10	11 Moore 10:00-11:30 CFF Baby time 12:30-2:30  Workshop for Dads: Part 2 at CFF 6:30-8:00	12 West 10:00-11:30 364 10:00-11:30 MF Baby time 12:30-2:30 CCC Provider 10-11:30	13 Gately 10:00-11:30 Area IV 10:00-11:30	14 CFF 10:00-11:30 Gately Provider 10:00-11:30am	15	16
17	18 No Playgroups-School Vacation	19 No Playgroups-School Vacation	20 No Playgroups-School Vacation	21 No Playgroups-School Vacation	22	23
24	25 Moore 10:00-11:30 CFF Baby time 12:30-2:30	26 West 10:00-11:30 364 10:00-11:30 MF Baby time 12:30-2:30 CCC Provider 10-11:30	27 Gately 10:00-11:30 Area IV 10:00-11:30	28 CFF 10:00-11:30 Gately Provider 10:00-11:30am	March 1 Mom's Discussion/ Activity 10:30-12pm	2 Nutrition Workshop Windsor Street Clinic, 119 Windsor St. 10:00-11:30

364 = Fresh Pond Towers, 364 Rindge Ave.

Area IV = Area IV Youth Center, 243 Harvard St.

CFF = Center for Families, 70 Rindge Avenue (rear)

Gately = Gately Youth Center, 70 Rindge Avenue (rear)

MF = Margaret Fuller Neighborhood House, 71 Cherry Street

Moore = Moore Youth Center, 12 Gilmore Street

West = West Cambridge Youth Center, 680 Huron Ave.

CCC = Cambridge Community Center, 5 Callendar Street

# Upcoming Workshops, Classes & Events

**\*\*To attend all workshops and for childcare requests, please contact Christine at [cdoucet@cambridgema.gov](mailto:cdoucet@cambridgema.gov) or at 617-349-3003.**

## Events & Workshops

### Winter Family Fun Day!

Saturday, January 26, 10:00-1:30

Peabody School, 70 Rindge Ave.

Children ages 0-8 and their families are invited to join the Center for Families for a fun morning of arts & crafts, moon bounces, face painting, book give-aways, a light lunch, and more! Contact Cynthia at (617) 349-6327 for more information.

### A 2-Part Workshop for Dads: Supporting Positive Behaviors in the Home

Monday February 4 and 11, 6:30 to 8:00 at the Center for Families

**\*\*Dads may attend one or both workshops\*\***

Childcare available upon request. To register contact Christine.

Workshop topic include:

- Understanding & responding to challenging behaviors
- Setting realistic expectations in your family
- Being on the same page as your partner about discipline

### Fun Nutrition Workshop for Parents and Children (3-8 years old): Read It! Sing It! Move It! Cook It!

Saturday March 2, 10:00 to 11:30 am at the Windsor street Clinic, 119 Windsor Street 2nd floor

Come to a fun, interactive, multisensory nutrition education program where food-related stories and songs will be shared and yummy nutritious delights will be cooked and tasted together.

Presenter: Jackie Newman, Dietitian-Nutritionist.

### Movement & Yoga for Parents & Children

Saturday, January 12 10:30-11:30am,

Center for Families, 70 Rindge Ave.

A movement-based class for parents and children ages 3-8 years old, where they do relaxing exercises and yoga together. Please wear comfortable clothes.

## Mother Activities and Workshop

### Discussion and Craft Activity for Moms

Join us and other moms as we talk about parenting while doing a relaxing craft activity. There will be childcare available and lap babies are welcome. *Christine and Fran will direct the activity.*

**Fridays, January 11, February 8, and March 1, 10:30 am—12:00 noon**

Center for Families, 70 Rindge Ave. (back of the Peabody)

Activities: **January**— making bath salts

**February**— decorating potholders

**March**— create your own story

## Infant Activities

### BABYTIME: Caring, Playing, Nurturing

(parents/caregivers with infants 0-15 months)

Informal groups for parents or caregivers with infants. They are an opportunity to connect with other adults, ask questions, and relax while babies explore the playroom. *No pre-registration required; come or leave anytime. Christine will lead a short sing-a-long.*

**Mondays 12:30 - 2:30 pm**—Center for Families, 70 Rindge Ave.

**Tuesdays, 12:30 - 2:30 pm**- Margaret Fuller Neighborhood House, 71 Cherry St. *\*Please choose only one group to attend per week.*

### Baby Massage and Infant Development Series

(parents with infants 11 weeks - pre-crawling)

Massaging your baby gives you a wonderful opportunity to connect with your child. Massage helps with digestion, sleep, and baby's health. Topics of discussions: infant sleep, infant motor and social development, and childproofing your home. This is a fun and relaxed group setting. *To register or if you are pregnant or your baby is under 11 weeks, contact Christine.*

**Wednesdays series, 1/16-2/13** 12:30-1:45pm, Center for Families, 70 Rindge Ave.

**Thursdays series 2/28-3/28** 12:30-1:45 pm, Margaret Fuller Neighborhood House, 71 Cherry St.

## Ready for Winter?

Living in Massachusetts can be both fun and challenging. As the weather changes, we must also change how we prepare for severe weather. Having experienced hurricanes and snowstorms already, the winter season brings new concerns of freezing weather. The following tips are from the Cambridge Public Health Department website:

- Have your emergency supplies ready, including non-perishable food, water and flashlights.
- Review your family emergency plan with everyone in your household and practice.
- Be prepared for power outages. Make sure your cell

- phones are charged. If cell phone lines are jammed after an emergency, you may be able to send text messages.
- If you have young children in your home, it is important that you practice emergency evacuation routes and responses. Talk to your child about what they should or should not do in an emergency.

For more information visit and information specific to individuals with physical disabilities or impairments visit: <http://www.cambridgepublichealth.org/hot-topic/emergency-preparedness.php>



# CENTER FOR FAMILIES NEWS

## Friends of the Center for Families

Center for Families would like to send a big thank you to Friends of the Center for Families for all their hard work and effort in making the first Friends of the Center for Families fundraiser such a huge success!



We would also like to thank all our amazing families, friends, and supporters who came to the fundraiser or offered support in other ways for the Center for Families!

Be sure to look for Friends of the Center for Families at Winter Family Fun Day and participate in Cake Walk! Tickets are one for \$3, two for \$5, or five for \$10. Join in the fun and you could win a delicious dessert!

## Stay connected with the Center for Families

We have lots of ways for you to **stay up-to-date** on Center for Family programs!

- Subscribe to our **Google Group Listserv** get updates and connect with other parents.  
To be added to the listserv call (617) 349-6327 or email [cwoodward@cambridgema.gov](mailto:cwoodward@cambridgema.gov).
- Follow us on **Twitter** @cntrforfamilies
- Friend us on **Facebook** at <http://on.fb.me/xzNyXs>
- Check out our **website**: [www.cambridgema.gov/dhsp/cff](http://www.cambridgema.gov/dhsp/cff)



and



Also, please fill out a **Center for Families Registration Form** to be on our mailing list. Registration forms are at our office, at playgroups, events, or on our website.

## New Provider Playgroup

We have a **NEW Childcare Provider Group** starting this winter!(*exact start date coming soon*)

We bring toys, activities, singing, and snacks; you bring the kids and the fun! You don't need to sign up for these groups, just come when you want.

**Mondays 10:00-11:30** in the Food Court at the Cambridge-Side Galleria!

## Caught in the Act

At the Center for Families, our staff, families, and volunteers are doing amazing things! This newsletter is featuring Salina Sultana! We would like to thank Salina for her hard work and her dedication to families in Cambridge! We wish you the best Salina and will miss you!

Congratulations Salina, you were **Caught in the Act!**



## FREE Passes



The Center for Families has limited 1-time passes for some museums and aquariums for **participating** families. To use these passes, you must live in Cambridge and currently attend at least one of our playgroups or have come to a workshop or event hosted by the Center for Families in the last 6 month. These passes will allow FREE admission at Museum of Science or the Children's Museum.

Sorry, we can only give up to **3 passes per family**. For more information, contact Lucy at 617-349-6967 or [lhernandez@cambridgema.gov](mailto:lhernandez@cambridgema.gov).

## Ask Jayne!

Looking for information about child care, the wait list, vouchers, kindergarten and after-school, early intervention, special education and more?

Please contact Jayne Cantor (617-868-2900 X324). Jayne is the Family Support Specialist at the Cambridge Community Partnerships for Children. Feel free to email Jayne with any questions at: [jayne\\_ccpc@yahoo.com](mailto:jayne_ccpc@yahoo.com).

# COMMUNITY EVENTS AND ACTIVITIES

## Kindergarten Registration

Kindergarten registration for the Cambridge Public School begins on **Tuesday, January 3** at the **Family Resource Center** (459 Broadway, first floor at the Cambridge Rindge and Latin School.) between 9:00 and 3:00 with extended hours until 7:00 pm on January 3, 10, 17, 21, and 24.

### Important information to keep in mind:

**Your Child's Age:** To attend Kindergarten in 2013-2014, your child must be 4 years old by March 31, 2013.

**Your Choice of 3 Schools:** Families are allowed to request 3 schools, in priority order, that they would prefer for their child's Kindergarten assignment. The CPS controlled-choice system gives preference to the 2 schools in closest proximity to your home, and to any school that a sibling currently attends. Language may also be a factor in school assignment.

**Your Timeline for Entering the Lottery:** Kindergarten students are enrolled through a series of lotteries. The deadline for participating in the first-round lottery is January 31, 2013. Be sure to submit your application in January to participate in the first lottery; it will increase your chances of being placed in one of your choice schools!

**Documents You'll Need to Apply:** To complete the Kindergarten application process for your child, you will need the following:

- Child's birth certificate or passport
- Child's immunization record (shots)
- Lease/deed/notarized letter from your landlord
- Utility bill (within the past 30 days)
- Parents' ID or passport
- All application forms: registration form, meals application, language form
- You may find all application forms online at [www.cpsd.us](http://www.cpsd.us)

**Questions and Support:** The Family Resource Center is here to support you as you navigate the Kindergarten enrollment process! Please call or stop by the center to answer any questions you may have. The center is located at 459 Broadway; phone is 617-349-6551. Or, you may email [welcome@cpsd.us](mailto:welcome@cpsd.us).

## Media Literacy

Interested in learning more about Media Literacy and the impact of media violence on your child's development?

Come hear Social Worker and Cambridge School Committee Member, Marc McGovern talk about the impact of violent media on child development. Marc has 20 years of experience working with special needs children and their families and has been providing training on the impact of media violence for the past several years.

In this age of technology and social media, our children are being bombarded by a multi-billion dollar industry. What can parents do to ensure their children are not being overly influenced by television and video games?

Marc will walk parents through various violent media scenarios and examine how children of various ages interpret that information.

**Workshop Information:** Wednesday January 9 from 6:30 to 8:00 at Center for Families, 70 Rindge Ave. Childcare available upon request.

*This workshop is co-sponsored by Center for Families.*

## Library Workshop

**Early Childhood - Communication and Language Development** Wednesday, January 16, 6:30 PM Main Library, 449 Broadway

Young children communicate with their whole bodies! Join us for a workshop on fostering effective communication with young children sponsored by the Greater Boston Early Childhood Resource Center at the Cambridge Public Library, the Massachusetts Department of Early Education and Care and Families First Parenting Programs. During the workshop, we can offer limited child care by advance request only at 617-349-4038.

## Cold Weather Fun: Visit a Museum!

There are many wonderful museums in and around Cambridge that are both family-friendly and educational. Did you know that many of these museums also offer times when the price of admission is either free or reduced?

**Children's Museum** has a Last Hour Discount-visitors entering the Museum after 4pm (Saturday-Thursday) receive half price admission (not Friday nights).

**Harvard Museum of Natural History** is free to Massachusetts residents every Sunday morning from 9:00 am -12:00

noon, and on Wednesdays from 3:00-5:00 pm (September through May).

**MIT Museum** is free on Sundays from 10:00 am-12:00 noon and the 2nd Friday of every month 5:00pm-8:00pm. Children under 5 are always free!

**Sackler Art Museum** is free for Cambridge Public Library cardholders, children under 18, and for Massachusetts residents with valid ID on Saturdays from 10:00 am-12:00 noon.

**Museum of Fine Arts** is always free for children 6 and under. The museum also offers free admission on Martin Luther King Day (January 21). Enjoy MFA playdates the first and third Mondays (except January 21, 2013 and February 18th, 2013) from 10:30 am-11:15 am. Bring your toddler to enjoy story time and looking activities in the galleries, followed by art making. Recommended for children ages 4 and younger with adults. Meet at the Sharf Visitor Center. No registration required. FREE with Museum admission.

# COMMUNITY INFORMATION

## Fuel Assistance

If you are worried about heating your home this winter, learn about fuel assistance for Cambridge residents. Fuel Assistance helps low-income households with winter heating costs from November 1-April 30. **For more information**, contact the Department of Human Services' Fuel Assistance Program at 617-349-6252.

Fuel Assistance is also working with the Cambridge Energy Alliance (CEA). Households that qualify for Fuel Assistance can also get help lowering energy bills by making the home more energy efficient. So you can save money while you're doing your part to save the planet! Even if you don't qualify for Fuel Assistance, the CEA offers Cambridge residents a free energy assessment. For more information, go to [www.cambridgeenergyalliance.org](http://www.cambridgeenergyalliance.org) or call 617-349-LEAF.

## Help with Taxes

Tax season begins with the start of the new year. If you need assistance, the following organizations in Cambridge can help you:

The **Cambridge Public Library** offers tax assistance courtesy of the Harvard Law School TaxHelp Program. This program primarily is especially to help the disadvantaged, the elderly, and those new to this country. Individuals with complex tax filings or unique tax issues are advised to seek professional tax assistance. For more information on the tax assistance schedule, contact the Cambridge Public Library at the beginning of the year or go to <http://www.cambridgema.gov/cpl/Services/taxassistance.aspx>.

The **Cambridge Economic Opportunity Committee (CEOC)** can file tax returns, particularly for those with limited income, individuals with disabilities, non-English speaking, or elderly. For more information, call 617-868-2900.

## Doula Support Programs



8 Camelia Avenue, Cambridge  
(across from Cambridge Hospital Entrance)

The Doula Program at the Cambridge Health Alliance offers groups for new parents. Bring your baby and relax. Groups are open to all new parents. Call 617-665-1164 for info.

**Breastfeeding Group:** Tuesdays, 10:00-12:00 noon (English & Spanish), Thursdays, 10:00-12:00 noon (English)

**Open Discussion:** Wednesdays, 10:00-12:00 noon

**\*\*The first Wednesday of the month will be a pumping class for breast-feeding mothers.**

## Community Learning Center

The Community Learn Center currently offers an ESOL Family Literacy class is for parents to help them develop their English skills and provide literacy support to their children. Contact Bayyinah Pandolfo at 617-349-6371 for more information.

## WIC

Do you have a child under 5? Are you pregnant or breastfeeding? **WIC** offers families Nutrition Consultations, Breastfeeding classes, \$\$ for fruits and vegetables, **FREE FOOD!** Cambridge 617-665-3750; North Cambridge 617-575-5370

**Are you ready to be a parent?** Attend a *Happiest Baby Class* and learn how to soothe even the fussiest baby in minutes! Call 617-575-5343

## Cambridge Public Library Programs for Young Children

The Cambridge Library is a great place for children. Please call any library listed below for more information about story times and other children's activities. Remember that the library also has museum passes you can use with your library card. For information about all programs, see [www.cambridgema.gov/~CPL/](http://www.cambridgema.gov/~CPL/) or call 617-349-4038.



### Main Library Children's Room, 449 Broadway, (617) 349-4038

- ◆ Baby Lapsit for parents and pre-walking babies. Registration required, Mondays, 10:00 am
- ◆ Toddler Storytime on Tuesdays and Thursdays at 11:00 am
- ◆ Sing Along (All Ages) on Mondays and Wednesdays at 11:00am
- ◆ Preschool Story Time on Tuesdays at 4:00 pm
- ◆ Onesies (and Twosies) for toddlers ages 12-24 months. Registration required. Wednesdays, 10:00 am

### Boudreau Branch, 245 Concord Avenue, (617) 349-4017

- ◆ Preschool Story Time (Ages 3.5 and up) Mondays at 10:30am
- ◆ Toddler Sing-Along on Wednesdays at 10:30 am

### Central Square Branch, 45 Pearl Street, (617) 349-4010

- ◆ Toddler/Preschool Story Time on Wednesdays at 10:30 am
- ◆ Toddler/Preschool Sing & Storytime on Thursdays at 10:30 am

### Collins Branch, 64 Aberdeen Avenue, (617) 349-4021

- ◆ Preschool Story Time on Mondays at 4:00 pm
- ◆ Toddler/Preschool Sing on Tuesdays at 10:30 am

### O'Connell Branch, 48 Sixth Street, (617) 349-4019

- ◆ Toddler Sing on Wednesday at 11:00 am
- ◆ Stories and Crafts (3-7's) on Thursdays at 3:30 pm

### O'Neill Branch, 70 Rindge Avenue, (617) 349-4023

- ◆ Toddler Time on Mondays at 10:30 am
- ◆ Preschool Story Time on Thursdays at 11:00 am

### Valente Branch, 826 Cambridge Street, (617) 349-4015

- ◆ Preschool Story Time on Wednesday at 3:15 pm
- ◆ Toddler time on Tuesdays at 10:30 am
- ◆ Portuguese Sing Along Tuesdays at 5pm
- ◆ \*New-Stories and Songs in Spanish, Fridays, 1pm (age 2-5)



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# COMMUNITY RESOURCES

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## Adult Education

- **Cambridge Employment Program** (617-349-6166)—Provides free assistance to Cambridge residents looking for work, career counseling, help with resumes/cover letters, using a computer/internet to help with job searches, and interviewing. Please call or stop by 51 Inman St, 1st floor.
- **Cambridge Community TV** offers free weekly computer drop-in programs to members of the community. There is no need to sign-up. For more info., please call 617-661-6900.
- **Community Learning Center** (617-349-6363)—Adult Ed, including GED, college preparation, and English-as-a-Second-Language classes
- **Asian American Civic Association**—Next Steps Transitional English program—free English classes for people who have an intermediate-high level of English. For more information, call 617-426-9492 x251 or x318.

## Childcare, School & Support

- **The Agenda for Children** 'Let's Talk' - FREE program where an Early Childhood Home Visitor will come to your home to help build language development. For parents of children birth-15 months. (617-665-3825)
- **Department of Human Service Programs (DHSP)** (617-349-6200)—Runs programs for children and families including Preschool and School-Age Childcare, Community Schools, and Youth Centers around the City. For information, call or visit [www.cambridgema.gov/DHSP2](http://www.cambridgema.gov/DHSP2).
- **Family Resource Center** (617-349-6551)—For information about the Cambridge Public Schools, call

the Multilingual voice mail: 617-349-6550 (Portuguese, Haitian Creole, Spanish).

- **The Guidance Center**—Provides an array of services to help children and families cope with developmental, mental health, social and behavioral difficulties. Call (617) 354-2275.
- **Support groups for Parents of Infants**—Organized by Jewish Family & Children Services at Temple Eitz Chayim (134-136 Magazine Street, Cambridge). Wednesdays, 10:00 am– 11:30 am. Other support groups are offered for other towns. Call 781-693-5652.

## Food & Clothing

- **The Cambridge Food Pantry Network**—Provides food and information about food pantries to families around the city such as the Margaret Fuller House and the East End House, call the Cambridge Economic Opportunity Committee (CEOC) at (617-868-2900).
- **The Children's Clothing Exchange**—A program of Solutions At Work. The Exchange takes children's clothes in good condition to trade for other clothes or equipment. Call for information: 617-576-0039.
- **The Somerville/Cambridge WIC Program**—Provides nutrition education, breastfeeding support, and nutritious food for pregnant women, infants, and children up to age 5. For more info. call the WIC at Windsor Street Health Center at 617-665-3750, or the North Cambridge WIC office at 617-575-5370.

## Housing

- **The Cambridge Multi-Service Center**—Provides housing information and assistance to families from Cambridge who are or are at risk of becoming homeless. Call 617-349-6340.

## Special Needs Services

- **Cambridge-Somerville Early Intervention**—Provides developmental services for children under age three at risk for developmental delays. If you are concerned about your child's development, call 617-629-3919
- **Cambridge Special Start**—Provides developmental screenings for children ages 3 & 4. For more information, call Susan Evans at 617-349-6850.
- **The Cambridge Program for Individuals with Special Needs**—Serves people with special needs from school age to adults. There is a Saturday morning recreation program. Call 617-349-6200
- **Cambridge Commission for Persons with Disabilities**—Provides information and referrals to individuals with disabilities and their families on all kinds of disability and access issues. Call 617-349-4692 or see [www.cambridgema.gov/DHSP2/disabilities.cfm](http://www.cambridgema.gov/DHSP2/disabilities.cfm).

**The Cambridge Somerville Resource Guide** has listings for more services in the community at [www.cambridgesomervilleresourceguide.org](http://www.cambridgesomervilleresourceguide.org). If you are not able to find what you want, call the Center for Families at 617-349-6385.

# CENTER FOR FAMILIES STAFF

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**The Center for Families has staff members who speak: Amharic, Bangla, Dari/Farsi, French, Haitian-Creole, Hindi, Pashto, Spanish, Urdu, and Vietnamese.**

**Main Office****617-349-6385****Fax:****617-349-6386****Web:****[www.cambridgema.gov/dhsp/cff](http://www.cambridgema.gov/dhsp/cff)****Facebook:****<http://on.fb.me/xzNyXs>****Twitter:****<http://twitter.com/cntrforfamilies>****Email:****[centerforfamilies@cambridgema.gov](mailto:centerforfamilies@cambridgema.gov)****Center for Families**

Office and Resource Room:  
Peabody School Community Wing  
(entrance at back of school)  
70 Rindge Avenue  
Cambridge, MA 02140

**Funding for Center for Families Programs**

The Center for Families receives funding from the City of Cambridge, the Massachusetts Department of Early Education and Care (DEEC), and the Massachusetts Children's Trust Fund (CTF). Ours is one of 42 programs around the state that are part of the EEC Massachusetts Family Network and CTF Mass Family Centers programs. We also receive financial and administrative support from the Cambridge Department of Human Service Programs, Cambridge Public Schools, and Cambridge Health Alliance. Additional funding for some activities comes from an Early Learning Opportunities grant to the Cambridge 0-8 Council from the US Dept. of Health and Human Services.

The Center for Families serves families of children 0-8. Activities are open to all Cambridge residents.

**Center for Families**

c/o Dept. of Human Service Programs  
51 Inman Street  
Cambridge, MA 02139

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